



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Parent and Family Resource Center

3301 Wheeler Rd S.E. 2nd Floor (Inside of M.C Terrell ES)

Washington, DC 20032

202-645-6619

November 2009 Calendar

Event	Description	Date/Time	Location
Saturday Learning Partnership	<u>Are You Smart? Yes, You Are Smart!</u> This program reinforces the Math and Literacy Skills of children Pre-K-12 th grade. The unique aspect of this program is that parents and children work <i>together</i> . Classes are facilitated by Mrs. Mildred Lockridge and other highly qualified teachers and veteran instructors. Breakfast is provided. We look forward to providing extra educational support to you and your child every other Saturday!	9:30am-11:30am Every other Saturday	PFRC
Technology and Leadership	Trying to get your teenager involved in more than just watching t.v. and talking on the telephone? This program combines computer training and leadership workshops for teens (12-18) to help them strengthen their technology skills and leadership potential.	10am-12pm Every Saturday	PFRC
Fit Family	This Program includes : <ul style="list-style-type: none"> • Free, Fun Nutrition education and exercise classes! • Free 2 year membership to the Boys and Girls Club! • Free healthy meal every week! • Raffles, Prizes, Giveaways and LOTS OF FUN!!! In partnership with Children's National Medical Center.	4:45pm-7:15pm Every Thursday	PFRC
30 and Over Basket Ball	Game on! Join other adult men ages 30 and over to exercise (health and fitness awareness), socialize (in a safe environment), and encourage active participation in their children's education.	6:30pm-7:45pm Every Thursday	PFRC
Bridging the Gap	Strengthen communication and understanding with your child while exploring the performing arts. Classes run from 4:00-5:00pm and 5:00-6:00pm Starting November 4 Ending December 16 th – Performance on December 18 th	Every Wednesday and Friday	PFRC
Let's Give Thanks	Parents and children are invited to gather and share stories about what they are thankful for and why. Enjoy music, food and enter a raffle to win a food basket.	November 19th 5:30pm	PFRC
Lead Poisoning Workshop	Lead poisoning is still an important issue and significant health risks for children. Join us to learn about lead, where to find it, and how to protect your children from exposure to it.	November 17th 6:00pm	PFRC



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Computer Lab	Stop by to use the computers and internet! You can also get basic computer training and help with writing a resume. The lab is open every day for walk-ins 8:30am-5:00pm, as well as Resume Writing assistance on Thursdays 8:30am-8:00pm.	Daily	PFRC
School-based Activities	Workshops for parents/caregivers are provided in schools throughout the ward on topics that impact your child's academic achievement.	Call center for updates	Call center for updates
So You Think You Can Cook?	<u>We Are Now Accepting Applications!</u> If your dish is the best in the city and you are willing to participate in a <i>COOK OFF</i> please contact the center for an application	Call center for updates	Call center for updates

Attention All Parents

AMERICAN EDUCATION WEEK

Is

November 15 - 21

The Ward 8 Parent and Family Resource Center would like to encourage you to:

- Bring your children to school on time
- Read to your children every day
- Tell your children they ARE SMART!!
- Take your child to the museum

Parents and Students learning, enhancing skills and succeeding together!